

Essay on Sport Sample

EVOLUTION OF SPORTING EQUIPMENT – FROM ANCIENT TIMES TO TODAY – EXAMPLE OF OLYMPIC GAMES

Sport is all present in modern times. People in different ways are engaged in sports and exercise. Each sport includes particular equipment that is specific to it. So it was in the ancient times. People were sporting or just watching. But every sport involved sports equipment, as well as certain rules. In ancient times men were mainly engaged in sports, and in many competitions women were prohibited from participating. The age categories appear somewhat later, while the weight categories in martial sports were not at all. Today, this is not so, there are many categories in every sport, both according to age and weight. Many ancient sports exist today. We cannot say they are exactly the same, because, like everything, so does sport change over time. There are changing rules, modernizing the props, and changing views and attitudes about the role of sports in society. The period of almost 2000 years is too great for sports to not develop and change in it. This essay analyzes the Olympic Games and sports that were held on them in the ancient times. Some of the sports compared across times will be throwing a disc, running, long jump, throwing spears, wrestling, boxing and so on. Many of these sports exist today and, among them, some have almost never changed, while in other changes are very pronounced.

Throwing a disc is a sport that has not changed much in time. What changed the most is its size, i.e. disk weight and material from which it is created. Running is very popular today, and there are many disciplines. In addition to professional sports, people run leisure, it has become one of the most intricate forms of recreation. In ancient times, there were also several racing disciplines, and what is most different from today's professional running is the starting mechanism. A long-range jump is being carried out in the modern era without any tools, while the Greeks considered it difficult to carry it out without anything, and used the weights to prolong the jump. Throwing the spear was not without tools. Here the Greeks used a special technique of throwing a spear with the help of a band called ankyle. It gave an additional thrust, with the spear, similar to that of the sling. Fighting sports have changed a lot, i.e. they were much more violent than today, because they did not have a time constraint, nor did they have a lot of restrictive rules. In addition, there was no ring in the ancient era, which would enclose the space for a sporting fight. Wrestling did not change much in its essence; The goal was and remained to dominate by the opponents by the power of the body and movement. But the difference is that the fight in Greece ended when a fighter of another collapsed three times on the floor or if one would give up the continuation of the fight. Today, the fighting often ends when the rounds are completed and the referee scores the winner by scoring. Boxing is a sport that constantly develops and its rules constantly change. In Greece, it was known as the most violent sport, but today it no longer holds that title. The difference is in gloves that were used once and now. Nowadays gloves are used, while the first gloves in Greece



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